

BRIDGES

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trumps lake
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ON THE SCENE:

At Eat, Drink & Celebrate
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WEDNESDAY, SEPTEMBER 4, 2013

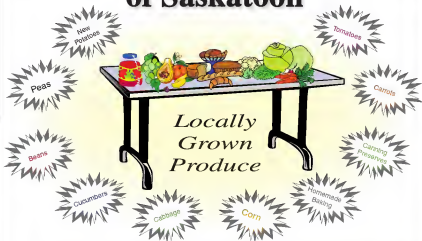
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EVERYBODY KNOWS JAY

JAWAHAR KALRA HUMBL
MAKES EVERYONE AROU
HIM BETTER P.6

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ON THE COVER PG. 6



Dr. Jay Kabe is a role model for many for his involvement in a variety of community and multicultural events. **PHOTO: PHOTO BY MICHELLE BERG**

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CITY FACES PG. 15



Dawn Dunford stands beside a statue of Robert Dunford in Friendship Park, in downtown Saskatoon. **PHOTO BY MICHELLE BERG**

BRIDGES COVER PHOTO BY MICHELLE BERG

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S4N 2P1.

Rate: Not negotiable in either direction.

For advertising inquiries contact: 657-6340; editorial: 657-6327; home delivery: 657-6320. Hours of operation: Monday to Friday 8:30 a.m. to 4:30 p.m.

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FASHION

What's the best deal you've found at an end-of-summer sale?
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#SASKATCHEWAN FASHION

Chelsea Gruza: Dressing outside of the box

By Angelina Irimaci

Chelsea Gruza is low on fashion all started with a bow. The 28-year-old considered herself a tomboy but when she was about 14 years old she saw the shirt that literally changed her life. She was shopping with her sister when she spotted a top with a giant bow bow on the front and realized suddenly she was drawn to not only a girl's shirt, but a very feminine one. Since then, Gruza has created a style all her own, which she calls simply Chelsea. Her style is unique and although sometimes she gets a second glance from someone walking down the street, she considers the enjoyment of being yourself.

"I'm my own matching band and those people just make the music as loud," she explains. Her wardrobe is always outside of the box.

"I didn't know how to be in the box but once I got in, I wanted to be out," Gruza says.

She says that she'd rather be in a bubble where her style can change and grow. She's never fully under any of the box and plus, a bubble can fit more people.

Gruza's been fitting other people in her bubble for the past five years volunteering her time as a stylist. She's styled countless photo shoots in Saskatchewan and working with local businesses.

Gruza says that she's fascinated by all aspects of fashion — from the layout in magazines and photography techniques to her make-up and the history and culture of fashion.

"I want that bad growing up that needed to know everything and the one thing about fashion is that you can't know everything about it right now," she says.

"You can definitely learn what you can, but it's continuously growing. It keeps me on my toes."

When it comes to styling, Gruza also adds her own personal flair to the looks by dipping into her extensive toddler trunk that she says Mr. Drexler

would be jealous of. But, she says the main thing is to keep in mind other people's visions and the initial concept for the photo shoot.

"Everything has to complement each other. I never want to over power or sell myself short."

For Gruza, styling has always come naturally to her. Five years ago while working at a local clothing store, she was approached by a customer to help style a shoot. People were impressed by her work and she got approached countless times after. Now Gruza is a go-to stylist in Saskatoon.

"I thought, 'This is a talent, oh I just love it.' It's like dressing up Barbie, but with big kids," she laughs.

She enjoys practicing the craft of fashion since it's full of talented stylists, make-up artists, hair stylists, photographers, models and designers.

Although she has lots of experience and has worked with numerous people in the local fashion industry, Gruza says that she's continuously learning every day.

"Each shoot is a stepping stone and allows for growth," she says. "If you can't keep growing from something then you need to move on."

Gruza wants to take her love of fashion a step further, she's learning how to sew and is thinking about applying to a fashion design program.

It's clear that fashion is more than a hobby — or even a passion — to Gruza. She asks that fashion be her boyfriend because it keeps up so much of her time. But really it's a way for Gruza to express herself, gain confidence and grow as a person.

"It's the one thing that's never jaded back. There's always just more in this world and fashion never ages. It only allows me to grow and push the boundaries and to even find myself and for that I'm ever so grateful."

BRIDGES PHOTOS BY MICHELLE BENO



Outfit:

1. **MESS MATCHED EARRINGS:** Le Chateau
2. **BLAZER:** Value Village but she added the studs herself. "Blazers are always going to be big, especially for me to school. I made it for a photo shoot but I ended up loving it and wearing it all the time."
3. **MINI'S SHIRT:** Imaginary Foundation from Undergrind. "I did look boy clothes. Imaginary Foundation has some awesome really cute art pieces."
4. **CHARM NECKLACE:** Stella & Dot
5. **RHINESTONE DOG TAG NECKLACE:** Value Village
6. **TUTU SKIRT:** She "like to take something girly and mix it with something more razzed. It's kind of the whole story of her, being a tomboy being girly and the girly side."
7. **BELT:** Le Chateau
8. **BRACELET:** Value Village
9. **WATCH:** Winners
10. **RINGS:** Value Village and Stella & Dot
11. **BOOTS:** DKNY from Winners. "I fell in love with the boots the minute I saw them."

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ON THE COVER

It's amazing, I can't imagine how he manages his time. —Li Zang

DR. JAY KALRA

Family is king for local doctor



Dr. Jayesh (Jay) Kalra and his family eat a traditional Indian meal at their Saskatoon home. He's known as a role model, especially to new immigrants, for his community involvement. (IMAGES PHOTO BY MICHELLE REED)

By Angelina Urinici

There are many ways to start this story because Dr. Jayesh (Jay) Kalra has so many roles. His exercise has what is left page long. He's an inch thick and filled with Jay's passion for his extensive education, professional achievement, community service and numerous awards.

Professionally Jay is a professor and former head of the department of pathology and laboratory medicine in the College of Medicine at the University of Saskatchewan and Saskatoon Health Region. He teaches

a variety of disciplines. He's called a pioneer in his research of applied genomics. He's published over 200 research communications as well as a book in 2003 that's now used across the country — he laughs and calls himself a "medical detective".

His work life alone could fill the pages of this story, but it doesn't end there. He's heavily involved in the community with a focus on multiculturalism and inclusion. Jay has given much of his time and leadership to organizations like Saskatoon Folkfest, the Multi-cultural Council of Saskatchewan,

Saskatchewan Culture Inc., the Saskatchewan Intercultural Association, Rotary Club, the Canadian National Orchestra for the Blind and the list continues.

Jay was awarded a Queen's Diamond Jubilee Medal and was among the top 10 shortlisted candidates for the recent national Paul Voigt Award for multiculturalism, one that allows him to proudly show a signed certificate from Minister Jason Kenney. His most recent award is particularly special, as last June, Jay was named one of CBC's Top 25 Canadian Immigrants, sharing

the spotlight with other prominent names including NBA star Steve Nash. Six hundred people were nominated. It made the shortlist and 50,000 voted online. "Accolades are a very humbling experience," Jay explains as he sits at a small round table in his jam-packed office at the Royal University Hospital (RUH). There stand his hundreds of books lying on shelves, papers are strewn on his desk and piled up on the floor. "I've been doing this for the last 40 years, so I'm not looking for accolades but it makes you feel good. You have to be honest with

yourself. Peer recognition is the best recognition."

Li Zang, a sociology professor at the U of S, thought of Jay months ago when he heard of the name great award. Zang, who has known Jay for 30 years, wrote a four-page nomination letter explaining exactly why Jay embodies the award. "I relied on Jay's gestures on Jay's wise counsel, sage advice and warm encouragement," reads the letter. Zang says that Jay is a role model in the community, especially to new immigrants, leading by example to get involved in the community.

I lost my parents about 41 or 42 years ago, so I'm a self-made man. When I came to this country, I didn't know anybody. — Dr. Jay Kalra



Dr. Jay Kalra at work in the lab at UBC. (StarPhoto by Michael Kline)

"It's amazing. I can't imagine how he manages his time," laughs Zeng. "I say, 'How do you have the energy and the time.' He's accomplished (so much), not only academically and professionally, but he's made great (contributions) to the local community. It's really something."

But maybe this is the start of the story. In January of 1973, a 16-year-old Dr. Jay's wife, a PhD student at New Delhi's prestigious All India Institute of Medical Sciences. It was then that Jay decided he wanted to become a doctor, focusing on heart conditions. He'd heard that Canada was a land of opportunity and so he became the first member of his family to leave India. He became a post-graduate student at Memorial University in Newfoundland.

"I lost my parents about 41 or 42 years ago, so I'm a self-made man," he says. "When I came to this country, I didn't know anybody."

But that didn't stop Jay from getting involved. He held leadership roles within the university and

riching student life and encouraging others to get involved. Culture was important to him, he organized special dinners at the university featuring international cuisine. Memorial University wasn't the end of his education. Jay would go on to get his master's education. In fact, he spent 20 years as a student.

Along the way, he moved to Ottawa for a four-year stint specializing in medical biochemistry and laboratory medicine. His days were his knowledge. "Something has retained," he laughs.

Twenty-seven years ago, Jay was at the department of pathology at the U of S and UBC where he moved from assistant professor to full professor in an unheard-of period of five years.

"Jay was moving from one step to another step and was quite busy, quite occupied and everything else was on me," Jay's wife Kamla remembers of their first five years in Saskatoon. Kamla has long, dark hair that falls below her waist. It always seems like she's smiling when she speaks — her voice soft and inviting. They met through an old friend in Ontario.

Continued on Page B

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This is the place where we have to live. If, by volunteering, I can make a place good for everybody, our children and our grandchildren, it will be nice. — Jay



Dr. Jay Kalia collects offerings from various places of worship around the world for his volunteer work. He visits his home temple to seek guidance and offer prayers. Photos provided by Jay Kalia.

It's still life-long learning. I'm always exploring to see how I can learn. — Jay 



A few of Dr Jay Kalia's many awards. He was recently named one of RBC's top 25 Canadian immigrants. PHOTO PHOTO BY MICHELLE BARR



Dr Jay Kalia (middle) of the Sikh Union of Canada with his wife and two sons.



Dr Jay Kalia (middle) of the Sikh Union of Canada with his wife and two sons at the Grand Banquet of the 2013 Sikh Union of Canada. PHOTO BY MICHELLE BARR

I would certainly say the agenda of multiculturalism certainly wouldn't have been nearly as far advanced without Jay — David Parkinson



Dr. Jay Kuhn and his wife, Karla, in their home in Saskatoon. PHOTO BY STEPHEN LEWIS FOR THE STAR

"Or your knowledge," Natsush adds. "He understands. He understands." Jay beams proudly.

Family pride is displayed throughout the house — the basement staircase displays family photos. One frame shows a family photo inside a car. Just on the steps, the door to the stairs is the most important room in the house. The temple, another source of strength for Jay.

The Kuhn family turned the small basement room into the temple by getting a custom made platform and filling it with special ceremonial cushions around the world. A large display of the Hindu goddess Shakti sits in the middle of the room, surrounded by other religious artifacts, including photos of mother Mary, prayer beads from a crucifix in the Middle East and rosaries.

Jay says the temple did things each morning to work through and guidance in taking care of his family and working in the community. He calls the space peaceful and spiritual and has been able to use it to teach his children not just about his culture, which he was taught,

but learning, but other religions as well.

"We are not the God," Jay explains before entering the temple. "I'm very humble in that aspect. People say, Dr. Kuhn you've done so much (philanthropic) research." It's not a problem, I've done the research, but I don't leave everything. It's still life-long learning. I'm always exploring to see how I can learn."

The temple remains Jay's openness to other cultures. It's no wonder Katsush even International Association president David Parkinson refers to Jay as the culture and diversity ambassador for the province. Parkinson took over Jay's role as president of the not-for-profit in early July.

Parkinson mentions Jay's "sustained energy" and says he's been "playing away in this for a long period of time when multicultural issues and integration were perhaps not quite as prominent in Saskatchewan, in particular in Saskatoon."

"I would certainly say the agenda of

multiculturalism certainly wouldn't have been nearly as far advanced without Jay."

When Jay says he can greet others in 14 different languages or can cook Hangee can greet and share them, as well as better chutney, his eyes glaze with excitement. He goes on to say that multiculturalism will create a successful and peaceful community is unachievable.

"This is a place where we have to live," Jay says. "If by volunteering, I can make a place good for everybody our children and our grandchildren, it will be nice."

As educated, well-travelled and understanding as Jay is, he can't wrap his head around one simple thing. This parts.

"I always say we don't need passports. We should be able to live in harmony."

The story could end here. And maybe it should. But, despite all he's accomplished, you can't help but feel that Jay Kuhn is just getting started.

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CITY NEWS

SASKATOON AIKIDO CLUB

Founder returns from Japan to teach

By Angelina Irimaci

Except for the sound of feet shuffling, a few quiet laughs and a large fist blowing in the corner, the Saskatoon Aikido dojo is quiet. If you weren't watching, you likely wouldn't know that there's a form of martial arts being practiced. But then, the sounds of foot steps can be heard and loud voices bellow the mats — hard. But, no one is getting hurt.

Aikido, which translates to "the way of harmony with natural energy" is a Japanese martial art form that is based on peace, unity and self-discipline. Using techniques like throws and joint locks, Aikido teaches us to defend oneself without causing harm to the attacker. Although there are levels and grading, it's completely non-competitive. There are no tournaments, medals or awards, and students hone their skills in both attacking and defending.

"We look to unite with the person that's with you," explains owner of the dojo, Don Ragnath sensei. (Sensei is a Japanese term used to show respect to professionals, like teachers, or masters of a craft.) "The idea is redirecting people away from violent situations rather than to enter in a violent situation."

The Saskatoon Aikido Club was founded to years ago as a university club by University of Saskatchewan professor, the late Ohtsuka Goro. In 1986 he returned home to Japan where he continued teaching and opened up another dojo. His Saskatoon dojo was then inherited by Ragnath sensei. Today the outdoor martial club has about 10 registered members. The small but quiet martial and maintenance of the dojo, which is located in the basement of the Albert Community Centre.

Although the hot mats smell sweetly it has a powerful atmosphere. Ohtsuka sensei stands in the corner, hands on his hips watching over the 10 students. He travelled to Saskatoon for the weekend, and visiting a special section for the students of



MAKINO CHOU (senior left) leads a training session with Goro Ohtsuka during an Aikido class session at the Albert Community Centre. ROBERTS PHOTOS BY LAM WITH MARS

the club he founded years ago.

"This is very much like a sentimental journey."

He has taught in the city twice before since he left. "This is very much my home dojo. It's like a homecoming."

Over the weekend, Ohtsuka sensei trained the students in the arts of boken (wooden sword), jo (wooden staff) and hojo (wooden simulation of a knife blade), as well as empty hand, where no weapons are involved.

"Not here there," Ohtsuka sensei explains as he places his hand on top of a student's rather than just on the boken. "This is tricky," he

says before he suddenly stops and turns to one student, causing the student to fall to the ground.

One student looks to another and before, surprised. The students bow after Ohtsuka sensei demonstrates the technique. They bow again before they start to practice in groups of two or three.

It takes a few tries before they can do it as smoothly as Ohtsuka sensei, but as they start to get the hang of it.

"Yes, good for you. Good work," he says as he watches one group. Ohtsuka sensei is 74 years old, but he appears a lot younger, especially while he is teaching.

"I may look younger, I may have

a little bit smoothly and I don't get a cold. At all," he says. "Also, I make friends with people of different backgrounds through Aikido. My community of human networks expanded and became very rich and colourful."

He says that has hope in the students to understand that Aikido can be practiced at any age and at a student's own pace.

"You can always pick up new skills as I'm learning, and thinking that I'm much better now than 30 years ago when I was much younger, because all those little things accumulate. So my message is: Please continue. And enjoy."

It's an honour for Ragnath sensei and his club to learn from someone like Ohtsuka sensei, not only to practice new skills but to have a better understanding of the sport's history. When the students had their first Ohtsuka sensei, they were able to ask about his early life in Japan and what it was like to train under the founder of Aikido.

"Ohtsuka sensei was taught by the founder, I was taught by Ohtsuka, and I'll teach Ohtsuka's and that will continue on — it's the physical contact," says Ragnath sensei. "And you can't get that on YouTube."

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IN THE CITY

AUGUST 29, 2013 — 1:44 P.M.

Stand by Aiden



Seven-year-old Aiden Sukerovic set up a lemonade stand on 72nd Avenue. He was donating all the proceeds towards The Global Gathering Place, which is a non-profit drop-in centre that provides services for immigrants and refugees in Saskatoon. **PHOTO BY MICHELLE BIRD**

YOUR FAVOURITE PLACE

Where do you like to spend time in Saskatoon? Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Comedian, author has tie to Gabriel Dumont

By Angelina Itrincel

Metis leader Gabriel Dumont was a renowned buffalo hunter, entrepreneur and military leader. He's best known for helping to bring Louis Riel back to Canada and fighting for the rights of the Metis people. To commemorate Gabriel Dumont, there's a large bronze statue of him riding a horse in Saskatoon's Friendship Park. Author, comedian, writer and broadcaster Dean Dumont has a fondness for the statue as well as the park. The particular lady likes the view of the bridges and the river. Dean, who is of First Nation and Metis descent, is quite busy. Her book, titled *Nobody Cries At Bingo*, humorously explores growing up on the Giksanee First Nation reserve. She is working on a second novel, *Rain's Run*, which is due out this year and continues to perform comedy. She hosts a radio show, writes a column for *Sage*, *Frederic News* and co-hosts a season of APTN's *Fish Out of Water*, yet she still manages to find time to go to her favourite place in Saskatoon — none the Gabriel Dumont statue.

Q What makes this place your favourite in the city?

A Probably vanity (laughed). It's really got my name and I like to give a shout out to one of my ancestors. It's a place I sort of wandered into. I didn't even know it was here. I was taking my niece and nephews for a walk and then we saw the statue. And I was obsessed with horses, like most women. I just walked up and said, "Oh, wow! That's Gabriel Dumont." It was a really nice surprise.

Q So, there is a connection between you and Gabriel Dumont?

A Yes, actually, he's a distant relative. I've never confirmed this but my mom, whose kind of an ancestor half, actually researched the family tree. Apparently (after connected) through cousins, one of his heads



Dean Dumont stands beside a statue commemorating Gabriel Dumont in Friendship Park. Bridges photo by Michelle Jones

ing, so he's like a great, great, great cousin. Maybe I've gotten the gene wrong — there are a few greats.

Q When did you first discover the statue?

A Probably about a year and a half ago, shortly after I moved back to Saskatoon. I'm not even sure how long it's been here. I want to uncover why here years ago and I don't remember it being here.

Q Do you come here often?

A I come to the park a lot. I definitely love taking my niece and nephews for walks. It's really important to see them out. It's very tricky because

you don't want them to tire you out before you get tired out. So you have to wear the right shoes and that kind of thing. Encourage them to climb a lot. In fact, I think one of them actually climbed up on the back of that horse, so... (laughed)

Q Did that tire him out?

A Probably not.

Q Why do you think it's important for the city to have a statue commemorating Gabriel Dumont?

A He's a really impressive person, for one thing. I think the Metis were pushed onto a corner and they fought back against all odds.

It's just an amazing story. And the fact that he was able to escape to another trial in the story that makes it even more amazing. Then he made his way down to the States and was in the Wild West show. I mean, whose life is like that? Who just keep knocking from one situation thing to another? It's like being on a shipwreck, then winning the lottery later on. And then he comes back to Canada and sort of picks up his life and moves on. I think he really has a really great role model for a lot of people. It's always good for the city to pay attention to its diversity and First Nations and Aboriginals are part of that diversity.

I always like to see that reflected.

Q What does it mean to you to have an ancestral line that goes back to Gabriel Dumont?

A Not really too much because all ancestors are important and they're all doing something important. I have ancestors that don't have stories who have done some really great things. I have a distant relative on my dad's side who fought in the Big Bear and Blackfoot battle back in the 1880s. My aunt has been the chief of our reserve (Giksanee First Nation) for the last 15 years. These people are just there to inspire you and what you do is your business.

SPACES

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bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Salt-water pool, outdoor kitchen trump cabin

By Angelina Itracni

WHO: Tom Williamson and his wife Maureen

WHERE: In Saskatoon's Silverwood neighbourhood

WHAT: Their large backyard, which is perfect for entertaining, features impressive salt-water pool in pond green space, plenty of trees and more. A lot of waste went into the yard: a cedar was even used to put an in and her change room. Tom loves to have company and cook in the outdoor kitchen, which has a large stainless steel island and sink. (Like it when the kids are home and the company is here and we have a barbecue," he says. "That's what I like (best) about the yard." He also has an old antique Coca-Cola vending machine (he bought in 1997 for \$175. It's around 50 years old and Tom has been offered up to \$2,000 for it, but he has no plans of giving it up any more soon. Tom spends most of his time relaxing on the heated deck having morning coffee or eating lunch. The top of the deck is covered with an awning and glass panels surround the sides — perfect for watching the football game on the TV that's mounted on the side of the house.

WHEN: The Williamsons bought the north and home in 2008 when it was all grass. A few trees and had a shed in the corner. It took about three years to develop the yard to what it is today. The couple planted around 25 different trees including one special one they call the "silver tree" because Tom's father, Johnny passed away in 2000. He gave Tom money to plant a tree in his honour. Now the Johnny tree (a German pine) sits near the back of the pool in honour of his late father.

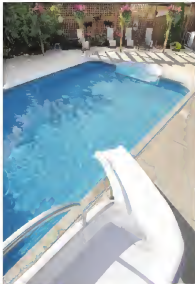


SPACES

WHY When the two decided to sell their cabin at Jackson Lake, they needed an alternative. Their kids and grandkids didn't get to the lake as often, and the couple found it was becoming a hassle to go back and forth between the cabin and the city. Not to mention the amount of work it took them to maintain the cabin. "Our flowers were dying, these, our flowers were dying here and we said, 'Hey, that's enough of that. We'll sell the cabin and put in a pool,'" Tom says. The pool is usually occupied on hot days — he has six grandchildren all of whom only live a few blocks away.

HOW The couple hired professionals to help with the development: a landscaper came in and designed the layout of the yard — right down to the planting of certain flowers and where to put the pond. They consulted an expert to create parts of the yard that lots of sun in the summertime. "We didn't want to waste hundreds of dollars a year on flowers because they die," says Tom. Others came in to pour the concrete around the pool and to frame the beds that outline the yard. The couple did much of the remaining work on their own — they planted trees, installed the pond and Tom built the lattice work that decorates the fences and outdoor kitchen. The yard is functional and well thought out — right down to the pool cover. It is electric and extremely durable. They no longer sit on their grandchildren's island on top of the cover. "You cannot get in this pool unless you cut it open," Tom explains. The bottom that opens and closes the pool cover is enclosed in a locked box.

BRIDGES PHOTOS BY MICHELLE BERG AND GORD WALSHED



READ MY BOOK

#ALISON LOHANS

Collapse of the Veil, Crossings

Imagine our familiar Region as the brink of ecological collapse due to catastrophic events, hyper depletion. Imagine the Wisconsin Creek area a thousand years in the future, post-collapse, populated only by a shrinking handful of people who have managed to survive after centuries of living underground, until it was finally safe to live in the open air. Imagine two mad scientist time travelers, and one of them with lethal ray psychic powers.

Collapse of the Veil (Bantam Press, 2010) and *Crossings* (Bantam Press 2002) are my 28th and 29th books respectively in the "Time through Time" series, readers will meet Kater as a biology teacher



Author
Alison Lohans

man who has just fit in with her friends after her boyfriend, Tyler, was born. During a hot, dry summer of the greenhouse "Ravine falls through a time channel into a place very like the Wisconsin Creek area she'd just left — except the city has vanished, leaving only open prairie. Here in America, her head read more is quickly tested by Kater, a failed teen whose mission is to find the mythical T'lamas.

Hidden behind from the poisoned past. Before *Collapse*, who is the only one

said to be able to save Aztec from certain death. Kater's boyfriend Tyler is that T'lamas of America.

During the course of these two novels for teens and adults, readers will witness a science-fictioning quest for a second Region (hence) as the main characters go through several time-crossings, not always with the best of intentions. Labyrinths are forged and lost, always with the goal of saving humanity — now, and a thousand years in the future.

The books may be purchased from Bantam & Bantam's bestsellers, 305-001-0011, Bantam Press, www.bantampress.com, or on my website www.alisonlohas.com.



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MUSIC

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#SIX MOONS LATER

Saskatoon band can count their lucky stars

By Angelina Irlinici

It seems Six Moon Later's stars have always been aligned. Even the band's name was basically an accident: Drummer Matt McLaughlin initially only used a movie subtitle as "his moon name later," when it had actually been six months later that he realized he thought Six Moon Later was a cool name.

Lead vocalist and guitarist Anne Haverstock and bass player and background vocalist Kate Blackport agreed.

The Saskatoon band's sound is heavily influenced by Coltrane — their music is up-beat, much with a sultry vibe. They cover Coltrane's ballads, and, although Haverstock has only been in Coltrane town, she tends to write a lot of Coltrane-inspired lyrics.

"I love it there and can't wait to go back," she says.

How they started is also by chance: Haverstock and McLaughlin met through a Kijiji ad that Haverstock posted in hopes of finding someone to join with. She listed some of her favourite CDs, which caught McLaughlin's eye, and the two parted for around a year before deciding to form a band. Blackport joined shortly after.

Haverstock was already writing music and recording songs on her laptop. She got them pressed onto a CD to show some of her friends and family but when McLaughlin heard them he had a better idea.

"He got me out of my basement," laughs Haverstock. "I was too scared to sing in front of anybody but he's like, 'No, we're recording this!'"

McLaughlin takes the credit when it comes to organizing shows and decisions making. "We wouldn't be doing what we are doing if it wasn't for Matt," says Blackport.

They can thank their lucky stars (and their skills) again because they didn't really need to play the biggest show they've ever played.

The band auditioned for the New



Six Moon Later's Anne Haverstock (lead vocals/guitar), Kate Blackport (bass/background vocals) and Matt McLaughlin (drums) dig into a cheeseburger before at Moon's then go to place for food while recording their new record in Saskatoon. BRIDGE PHOTO BY MICHAEL E. BIRCH

Creek Music Festival last St. Patrick's Day but with no intention of actually getting chosen, they just wanted more experience playing live. But they did something right, because Six Moon Later was one of the bands chosen to play at the festival this past July.

"It wasn't expected," explains McLaughlin. "The festival wasn't there for that to be the outcome."

"I know it sounds so nerdy but it felt so cool to be the person with our band name and our names," laughs Haverstock. She adds that New Creek was her favourite show

they've played.

"And everyone was super nice," adds Blackport. McLaughlin and Blackport's favourite show was at Annapolis last March — one that McLaughlin is most missed. He was in Alberta, but they a huge storm and desperately trying to get back in Saskatoon as fast as the important show.

McLaughlin had always wanted to play at Annapolis and many of the band's friends and friends came out. Call it their lucky stars or by chance, but McLaughlin got there right in time to step on stage and

perform.

Two months later, the band recorded for the first time together — for Blackrock and Blackport it was their first time ever (if you don't count Haverstock recording in her basement). They recorded four songs in three 15-hour days.

"The first day was the hardest because we were playing shade songs over and over and we kept playing them really bad," says Haverstock. But then their stars aligned again. "On the last day of the day we played all of these songs, really well, out of nowhere."

"They are planning to have a release party and show sometime next month but it won't be the same Blackrock is moving from Saskatoon, but that doesn't mean it's the end of Six Moon Later."

"I have the rock star dress," explains Haverstock. "I've always wanted to do that and make a living off of it."

"That's in my life and that's where I place on taking it," adds McLaughlin. "I want to be a musician and that's what my plan is."

If their lucky stars, the rock star dream may not be too far away.

GARDENING

#SASKATCHEWAN HORTICULTURE

Advice for wasp season

By Eri Svendsen

Wasps are beneficial insects, even the ones that occasionally sting. They are busy pollinating or otherwise preying on pesky bouncers or well-behaved caterpillars, some of which may be searching away in your garden.

They are easily recognized: they have two translucent pairs of wings, are hairless (unlike bees), black and yellow or black and white. Of the several species found in the Prairies, it is the paper wasps, hornets and yellow jackets (the ones that I call nuisance wasps) that you need to watch out for.

As a social insect, they live in colonies ranging from less than a hundred to as many as 5,000. You are probably most familiar with the large, grey roundish paper hornet wasps, suspended in trees, under eaves or from some other sturdy support. But other types of wasps, like yellow jackets, live underground or in an enclosed location. Others build open nests, not enclosed in paper.

They usually become a nuisance at the time of year so their numbers are peaking and so they become for food. Like bumblebees (a protein source) and angry drinks are sure to attract, as will soft fruits in the garden like raspberries and raspberries. I know it's hard to do but avoid everything at wasps. A signified wasp releases a scent that will bring their mates on the same looking for a fight. They will also defend their nests vigorously if you approach too closely or if they feel threatened.

My first wasp sting, only a few days ago, was from a yellow jacket. It is likely at nest in a rock well upping a cool drink. It felt like an electric jolt, partly because of the stinging itself, but also because the yellow jacket, like the paper wasp and hornet, can sting repeatedly. Fortunately I only suffered temporary pain plus a small but persistent sore as a reminder. Others say nest more destructively—at work,



As summer draws to an end, the wasps are out in full force. It is easier to rid your yard of a nest if it's caught as soon as it begins to develop. PHOTO COURTESY J. F. HUBBARD

suffering a severe allergic shock.

Control starts as soon as you spot a developing nest around your house and garden. Underground nests are some of a challenge to spot, watch for the sudden appearance of wasps coming from the ground. The entrance is likely surrounded by a small pile of loose soil. There are wasp control products as spray coats capable of blocking great distances. Wait until dusk when the wasps will have returned for the evening. Stand as far back as practical and be prepared to make a quick retreat. Aim for the opening and give the nest a

good dose.

If it is a very large nest, you may have to repeat. If it is a suspended nest, enclose it in a plastic bag (if all activity has ceased) and tie it tightly at the top to prevent any survivors from escaping. Place as freeze overnight to completely kill the colony before disposal.

Locustian wasp nests are reported to deter wasps from establishing a colony nearby. Wasps are territorial animals and won't encroach into another colony's territory.

If you can't find a nest but are still bothered by wasps, you can

hang up a wasp trap to reduce their numbers. These are available from garden centres. Or a simple one you can make yourself starts with a 1-litre clear plastic pop bottle. Cut the top off below the shoulder. Insert the neck to remove the lid, leaving up the cut surface. Then a hole punch and make a couple of holes through both the top and bottom portions on opposite sides of the bottle. Thread a cord through the holes to allow you to hang your trap.

Next, bait your trap. If you're hanging it in the spring, use a small

piece of raw meat (not chicken) with a little bit of water—you might even trap a quail this way. If it's later in the season, half-fill the bottle with a sweet liquid (sugar water, juice, stale pop, etc.) plus a squirt of liquid dish soap. Once a wasp enters the trap, they have a difficult time figuring out how to exit.

Remember to empty the trap regularly and be wary of live wasps. Bury or crush the dead wasps to avoid attracting their angry, winged sisters. One final tip: Place the trap away from where you, your children or pets spend time.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1 Delivery specialist, for short
4 Something goesleaving
10 Tropic of sailing
14 Chess calendar item
18 "Twelve" week
19 Poles
27 With 29 Across: fail to cope in difficult circumstances
30 "Dance (duy) woman (naboo)"
32 She is Italy
33 On Across
35 "Mister Dark (and of Mistle)"
36 "Mistle (and dark) mistle (and dark)"
37 With 35 Across: "Mistle (and dark) mistle (and dark)"
38 "Mistle (and dark) mistle (and dark)"
39 "Mistle (and dark) mistle (and dark)"
40 "Mistle (and dark) mistle (and dark)"
41 "Mistle (and dark) mistle (and dark)"
42 "Mistle (and dark) mistle (and dark)"
43 "Mistle (and dark) mistle (and dark)"

DOWN

1 Black and white bread
2 Where people eat food (and drink)
3 "The King of the Hill"
5 "The King of the Hill"
6 "The King of the Hill"
7 "The King of the Hill"
8 "The King of the Hill"
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43 "The King of the Hill"

PUZZLE BY TACONIC PAPER

JANRIC CLASSIC SUDOKU

Level: Gold
Fill in the blank cells with the numbers 1 to 9. Each number can only appear once in each row, column and 3x3 box. Use logic and arithmetic of elimination to solve the puzzle.
The difficulty level ranges from Beginner (1) to Master (9).

2	9	7						
7					1		6	
				2	9			
	4		5		1			
7	9	5	6		3			
	8		4	2				
5	7							
4	8						7	
6			3	9	5			

Sudoku is the crossword puzzle of the Sudoku world. Found on Page 31.

Authentic Amish Cooking



Authentic Amish Cooking by Barbara Busch

Zucchini Bread

- 3 Eggs
- 1/2 Baking Powder
- 1 1/2 t. Cinnamon
- 3 t. Vanilla
- 3 C. Zucchini Squash
- 1 C. Nuts

- 1 C. Oil
- 2 C. Sugar
- 2 C. Flour
- 1 t. Soda
- 1 t. Salt



Grease and flour two 9 x 5 x 3 bread pans. Beat all ingredients together. Bake at 325° for 1 hour.

Underground Ham Casserole

- 4 C. Cooked Ham, cubed
- 1/2 C. Chopped Onions
- 1 C. Milk
- 1 pkg. Noodles, cooked
- 1 pt. Sour Cream
- 2 Eggs
- 4 T. Olive (Butter)
- 2 cans Cream of Mushroom
- 2 C. White Cheddar
- 1 pt. Mashed Potatoes
- 1 T. Worcestershire Sauce
- 1 lb. Bacon, cooked, crumbled



Combine ham, onion, and worcestershire sauce, cook until onions are soft. Place in bottom of roaster. Put noodles on top of ham. In a saucepan heat soup, milk and cheese until cheese melts. Pour over noodles and ham. Mash Potatoes, add sour cream and some milk. Mash 2 eggs into the potatoes, that will keep them nice and soft. Spread over top of mixture and sprinkle crumbled bacon over the top. Bake 20 minutes. The mushroom cheese mixture will come to the top when done.

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EAT, DRINK & CELEBRATE SUMMER ON THE PRAIRIES



ON THE SCENE

If you're hosting an event we should feature in On the Scene, email bridges@thestarphoenix.com.

EAT, DRINK & CELEBRATE SUMMER ON THE PRAIRIES



For Saskatoon foodies, the opening of Tap Chef Canada's (and Saskatoon homeboy) Dale Mackay's Agden can't come soon enough. On Aug. 29, about 50 guests were treated to a four-course gourmet meal featuring Saskatchewans he's prepared by Mackay and his team. The dinner was accompanied by perfectly paired cocktails, courtesy of Lucky Beaked Distillers, and wine/beer, Chris Cho. The gourmet dinner, which was co-hosted by RSVP Event Designs, was held on a beautiful summer evening at the Saskatoon Farmers Market.

1. Guests enjoy the meal prepared by Tap Chef Canada winner Dale Mackay.

2. Server Madison Hase brings out the second course.

3, 4. Lucky Beaked Distillers' staff, including neurologist Chris Cho (right), mixes up drinks for everyone.

5. Daniel and Amber Nakolevan.

6. Tyler and Chelsey Mack.

7. Hilary Simon-Womboc and Justin O'Reilly.

8. Agden and Corey Edwards.

9. Marilyn Black and Jennifer Heywood.

10. Agden's sous chef Nathan Gutzmer and Dale Mackay prepare the first course.

11. Nancy Thompson (front left), Colleen (left), Jessa Bell and Melissa Henneson.



BRIDGES PHOTOS
BY MICHELLE BERG

B BANANAS

KEBABS WITH TONS OF APPEAL

By J.M. Hirsch

Most of us have a pretty firm idea of kebab repertoire. We eat these straight up, baked into quack kebabs, paraded into smoothies, or sliced into either fried salad or some sort of breakfast food. That's about it.

But a friend recently — if unknowingly — introduced me to the savory side of kebab, and I was completely wowed.

Sassy Latina chef Daisy Martinez loves working long, hard hours into my dishes. That's my style of cooking. So when she recently launched a great new web video series, I was eager to watch the first episode — a breezy walk-through of her take on fried chicken. The man the chicken is delicious, but it was an offhand comment about a can of chickadee that really caught my attention.

Banana kebabs
Banana kebabs, yes. But I'll confess that I consider kebabs up — as all the terms — to be a major food group unto itself. And I simply had to try Daisy's recipe. Turns out it is easy to make, and delivers an amazing mix of sweet and tangy punch that blew me away. Think of it as the Hawaiian equivalent of Asian street-side sauce. It's totally new.

Yes, you need that sauce on chicken in several ways. The sauce is to simply eat up bananas, chicken kebabs, kebabs, sauce then with olive oil and onion, then dump on the onion and get bring to a sauce. Serve that on kebabs in bowls, over rice or just straight up. That stage grilling season, as still grilling season, I decided to make a recipe available for chicken on the grill.

Chicken kebabs with chili-banana sauce

I like to briefly broil my chicken kebabs when cook-



Chicken kebabs with chili-banana sauce
PHOTO BY MATTHEW MEAD AT PHOTO

ing these kebabs-style. It adds flavor and keeps them from drying out.
Start to finish: 45 minutes
Serves 4

- > 1 1/2 cups water
- > 1 tsp kosher salt
- > 1 tsp smoked paprika
- > 1 1/2 tsp ground black pepper
- > 2 1/2 cups banana slices, about 1/2 inch thick
- > 1 1/2 cups chicken breasts (about 3/4 lb)
- > 2 to 3 whole fresh jalapeños (or less heat, split them open and remove the seeds and ribs)
- > 2 tbsp red wine vinegar or cider vinegar

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag. Turn over to coat the chicken. Refrigerate for 30 minutes. If

using wooden skewers for the kebabs, soak them in water while the chicken brines.

2. Meanwhile, in a blender or food processor, combine the bananas, kebabs, jalapeños and vinegar. Pulse until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Remove the chicken from the brine, then thread the pieces onto skewers.

5. Grill, turning regularly until cooked through about 15 minutes total. Glaze a banana brush lightly with the chili-banana sauce with chili-banana sauce. Turn grill for another 10 minutes.

6. Transfer the kebabs to serving plates, then drizzle each with additional sauce.

THE ASSOCIATED PRESS

NEXT WEEK: Were your pregnancies different from one another? Email bridges@thestarphoenix.com

P PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What would you do, or have you done, if your child is bullied at school?



Our school is very anti-bullying. I would speak to my child first and the teacher next. If necessary, I just hope that my kids would feel comfortable enough to talk to me about it, or he'll do all we can to ensure that they have a good experience at school." — Gail Contreras

"Go to the other kids parents and expect a meeting with them and the child." — Annette Lank

"Bullying is a self-esteem. When your child's confidence and achievement in your child is so easily attacked at school, get them involved in community activities. Teach your children that if they are someone being bullied, they should not switch. Laugh or join in. Kids are the value of a living empathy and support to those who are bullied. What every child has a school to education about the problem of bullying. Pay attention to the relationship in your children's lives. Ensure all children are included and avoid inappropriate behaviors. Model respect for behaviors at home and in your daily interactions." — Dan Cross SK

"Make sure the school really understands the

problem. I was bullied in school so I talked to the principal myself. I was told, 'Don't worry, it's just an age phase and will pass with time.' Simple." — Gretchen Friesen

"Watch Keweenaw. Not then practice in the back yard." — Paul Mitchell

"My son was bullied in Grade 4 by an older boy. He had the knowledge and confidence to handle the situation by himself without anyone's help. I only found out about it many years later." — Judy S.

"That would be one of my biggest fears. I can never want that to happen to my child. With over 20 years of experience, I would be involved with the school, the other parents, and what we could do to help. I would be able to help my child to be able to deal with these kinds of situations. So, we work on confidence and self-esteem at an early age and the importance of being an adult of this day. Sometimes dealing with the other people doesn't give the desired result and is out of your control." — Alana Griesbach

OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridges@thetoyhouse.com.

One winner will be chosen each week. Please send entries with name and contact information by Monday at 9 a.m.



Last week's Bridges colouring contest winners were **Elina and Annika Schweser**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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EVENTS

MUSIC

Wednesday, Sept. 4

Gorgeous Blue Dogs
Barks on Broadway
ET Broadway Ave.

A Tribe Called Red
LOU PUL,
93 Campus Dr.

Federal Lights w/ Palm Lake
ANNECA CARINA,
632 10th St. East

Thursday, Sept. 5

Nail Road on The
Chicken Head Restaurant and
Lounge,
310-320 Pinehouse Dr.

Who Drove a Porco
Barks on Broadway
ET Broadway Ave.

Friday, Sept. 6

SPF Duff
Barks on Broadway
ET Broadway Ave.

A Tribute to Hank Williams
w/ England
Nelson Leggett,
3031 Louise St.

Don McConnell Band
Army & Navy Veterans Club,
330 First Ave. North

The Kila Thyne
Rhythm Makers
Fairfield Senior Centre,
103 Fairmont Court

Kerlin and The Celastroya
Mentally Holmstrom,
3030 10th St. East

The Band Vegas
Toss Town Tavern,
1330 Fairlight Dr.

**Classified w/ Hurtle &
Thrive, DJ SOUZ Turner and
DJ Haywood**
The Globe Event Centre,
240 Second Ave. South



The public is welcome to attend the annual Arctic Highs show and open look at Deer Aesthetics. The family-friendly event is on Sept. 6 from 9 a.m. to 4 p.m. at the Saskatoon Public Art Gallery.

Saskatoon Poetry
w/ The Telephonics,
The Department Heads
and Hyles and The Winkles
Rock Bottom,
1045 Broadway Ave.

Whiskey Songs
w/ Blackwater
ANNECA CARINA,
632 10th St. East

Grant Smith's
Pan Frits & Blues
Peggy's Pub & Grill,
1400 Myrtle Rd. North

Serwin and the Boys
Starr's Place,
106-110 10th St. East

Saturday, Sept. 7

Fear of Kneading
Barks on Broadway
ET Broadway Ave.

The Hamps
Downlow Legion,
926 Spadina Circle West

Don McConnell Band
Army & Navy Veterans Club,
330 First Ave. North

The Nobles
McNally Robinson,
3030 10th St. East

Mistake
Louie's Pub,
93 Campus Dr.

Ponder Blue w/ Dvepool
ANNECA CARINA,
632 10th St. East

Grant Smith's
Pan Frits & Blues
Peggy's Pub & Grill,
1400 Myrtle Rd. North

Serwin and the Boys
Starr's Place,
106-110 10th St. East

Monday, Sept. 9

Steel Punks
Barks on Broadway
ET Broadway Ave.

Royal Genoa
LOU PUL,
93 Campus Dr.

Tuesday, Sept. 10

Steel Punks
Barks on Broadway

ET Broadway Ave.

ART

Mundart Gallery
Until Sept. 15 at 400 Spadina
Circle East, The Automata
Devolution: March 1943-1960,
featuring works by

Jean-Paul Rappelle and Paul-
Emile Borduas. Until Sept. 15 at the
Museum of Light, 188 University
Street, Saskatoon. (Shocking Saskatoon)
The Art Scene 1936-1964, featuring
Stanley Brunst, Arthur McKay
and Otto Rogers. Laissez, by
Rodney LaSalle, in the
lobby. The Artists by Artists
exhibition, Altered States,
featuring works by Cate Francis
and her mother Iris Houser.

The Members' Show & Sale
opens Sept. 13 and runs to
Oct. 6. Gallery members may
submit 1-3 artworks for sale.

Gordon Swigmore Gallery
Until Sept. 6 at 761 Murray
Building, 1st of 5 floors is Where
the Heart Is, by Michelle
Midway. With incidents of
the YVCE Saskatoon Crisis

Shelter & reception will be held
Sept. 4 from 7 p.m. to 10 p.m.

The Gallery/Art Placement

Until Sept. 12 at 208 Third
Ave. South. Summer Harvest,
new works by gallery artists.
Featuring new works by Robert
Christie, Louise Cook, Terry
Forster, Cameron Forbes, Doug
Hind, Clint Harker, Brian
Kewenish, Robina Penfold-
off and William Penfold-off.

Fixed Arts
Sept. 13 to Oct. 19 at 424 20th
St. West. Outer Space, works
on the human imagination as
it is projected into outer space.
Jacqueline Hoang Nguyen and
Eugen Mark. An opening reception
will be held at 11 a.m. Oct. 13 at 5
p.m. An artist's talk will be held
Sept. 16 at 2 p.m.

Centre East Gallery

Until Sept. 15 at The Centre
A display by Showcase of the
Arts winners, a display by
Landon in the Park Festival,
a display by Pats Johnson and
Colin Chaffield, a display by
Imagery, work by Stacy Brim-
comby, work by Susan McIn-
nery and a display from the Sas-
katoon Public Art and Board.

SOVAP Gallery

Until Sept. 27 at 204 Third
Ave. South. We Need Our Arts
2013: The Fourth annual artist
showcase, artful and urban-
style work from numerous
artists, a reception, featuring
live music and door prizes, will
be held Sept. 21 from 2 p.m. to
9 p.m.

Gallery on Third, Watson

Until Sept. 26 at 102 Third Ave.
East, Watson. Drowning Pat-
tern/Striching Memories, work
by Lorne Clifford. An artist's
talk reception will be held
Sept. 14 at 7 p.m.

Station Arts Centre,

Rosthern

Until Sept. 26, Tuesdays to
Saturdays, 9 a.m. to 4 p.m.,
at 701 Railway Ave., Rosthern.
Recent works by Rosthern area
artists. The show concludes
Sept. 26 with Culture Days
demonstrations by artists and
artists.

ArtFest Gallery

Until Sept. 26 at 803 Broadway
Ave. Two Perspectives. Painter
Karen Hilden and ceramic artist
Mel Selinger interpret and dis-
cuss the powerful landscapes
of Saskatchewan through
paint, ceramic, clay and glass.

Somerset Art
Until Sept. 30 at 275 Col-
nial Rd. The Saskatchewan
Landscape, paintings by Jay
Mendel.

Husky Castle

Through September at 110
Chrysler Cres. 8th Fl. City Art-
ists. New works in a variety of
media and subjects by the
artist group.

Watrous Library

Through September in Wat-
rous. Silhouettes, work by
Watrous painter Nalle West-
kowski.

What you need to know to plan your week.

Send events to bridges@thestarphoenix.com

The Gallery, Frances Marion Library
Until Oct. 31 at 313 23rd St., East. People and Places in My Life. Research and Travel to India by Steve R. Sharma. It depicts people and situations primarily from a village near Jaipur, India that the artist visited. A reception will be held Sept. 5 from 7 p.m. to 9 p.m.

Dufferin-Caledon Centre

Through December at 301 Dufferin Ave. Touch the Sky: The Story of Avia Canada. This at-home produced exhibit encourages visitors to look beyond the controversy surrounding the Avia Airway, and focuses on the history and accomplishments of Avia Canada.

Black Spruce Gallery

Open through the winter at 1400 Lakeshore at Highway 7, Suite 206. Show a group show featuring fine images and colours of the boreal Lakehead region.

SPECIAL EVENTS

Free Open House

Sept. 4, 7 p.m. at St. Mark's Hall, 5406 Highway Ave. North, Hudson by The Hudson Guild Country Dancers. An evening of Scottish social dancing for ages 16 and older. Experience is not necessary and partners are not required. Classes begin in Sept. 11. For information email anderson@hudsonguild.org or call 206-664-7049.

All You Can Eat

Sept. 5, 4 p.m. to 7 p.m. at St. Salvus Ukrainian Orthodox Church, 2610 Leitch St. Free information visit www.allyoucaneat.ca

Arabian Nights 2013

Sept. 6 shows at 7 p.m., 9:30 p.m. and 11 p.m. at The Tower Theatre. Free south of

Highway 10 and Caychuk Drive Intersection. Everyone is welcome to attend the annual show and celebration of the Tower Theatre's beautiful Arabian Nights. Come and see Canadian National champions and the new folk presented. Two for the price of one at this family-friendly event. Arabian Nights is free to attend RSVP to spoon@arabian.ca or call 256-240-1199

SHFS Open House

Sept. 6, 10 a.m. to 2 p.m. at the Heritage Inn, 102 Cardinal Cres. Hospitality: The Saskatchewan History & Folk Society (SHFS). Meet the Society's Board of Directors, address issues, and the society's mix of on-going programs. For information, call 1-800-916-0437

Dr. Skerity's Art Studio

Sept. 6, 7:30 a.m. at First Floor Dance Centre, 304 26th St. West. Presented by Dr. Skerity's Art-Art School's students. Saskatchewan's official art & dance art of the month calendar. Written made from the artist's Ballerinae, performances, music, sketching and a cash bar for the evening supplies. No experience required. For fees 18+. Visit www.drskerity.com

30th Annual Broadway Street Fair

Sept. 7, 10 a.m. to 5 p.m. on Broadway Avenue. Hosted by the Broadway Business Improvement District. With a live music, music and dance stages, silent auction, petting zoo, children's art and crafts, and performers.

2013 SNA Reunite in Motion

Sept. 7, registration at 10 a.m. and walk-in at 10:30 a.m. at Victoria Park, 1000 Victoria Park. Hosted by Saskatchewan Brain Injury Association (SNAI). Col-

lect leaders or pay an entry fee to participate. A barbecue will follow the walk-in. With parents and children's activities. Funds raised will support the Saskatchewan Brain Injury Association.

Gradparents' Day Keeping Up with the Knaples

Sept. 8 at the Sunken Cemetery, Foresty Park & Zoo. Celebrate grandparents' day with a feast with the beasts join the zookeepers as their feeding rounds, followed by a continental breakfast for you. Space is limited, pre-registration is required.

Open in Cancer Walk of Hope

Sept. 8, 9 a.m. registration, 10 a.m. walk, at the new Valley Park. With a 2.5 km and a 5 km walk, post-walk entertainment and children's activities. To register online visit www.openincancerwalkofhope.ca

Parkinson SuperWalk 2013

Sept. 8, registration at 11 a.m., walk at 12:30 p.m., at Veterans Park North. A national fundraising event for Parkinson Society Canada and its regional partners.

Annual CFW Open House

Sept. 8, 2 p.m. to 4 p.m., at the W.A. Edwards Family Centre, 3233 Huron Ave. North. Hosted by The Canadian Foundation of University Women's Saskatchewan Inc. (CFUW) Luncheon. Celebrate the work of CFW. New members are always welcome. CFW Saskatchewan Inc. works to improve the status of women and girls' education, justice, health and human rights.

Drivelinefest West

Sept. 8, 4 p.m. at the Inside Building, 11 Third Ave. South. Celebrate the 10th anniversary of the

Driveline Building. Featuring entertainment by The Young Benjamins, Don Griffith and the Crowdedaddy, DJ Charly Unique, Mike Ingle, Heather Hocking and Dancemancers. With children's activities, take-along pot-pourri, contact juggling, and a demonstration of sun-bleach photography. The outdoor block party is preceded by the Park(ing) day opening speech by Better Block co-founder Jason Roberts at Third Ave. United Church at 2 p.m. After the speech, at 3:30 p.m., a disabled parade will lead a bike parade to Driveline at An After-Party will be held at Driveline Restaurant in the Driveline building at 11 Third Ave. Visit www.driveline.com

Lifetime Open Fundraiser

Sept. 6, 2:30 p.m., at Belleville-Beaumont High School. A unique Latin teacher fitness class "Caribbe" workout with personal trainer and fitness instructor Christian Torres. Meet the best Latin beats, salsa, merengue, Latin and reggaeton. All ages welcome. Tickets at the door.

The Romantic's Valentine's

Sept. 6, 7:00 p.m., at St. Andrew's Presbyterian Church, Michael Sweeney, Concertmaster of the Saskatoon Symphony Orchestra, will play a recital. With piano accompanist Gillian Lyons. Featuring master works of Bach, Strauss, Wagner, Haydn and Mendels.

University and Community Chorus reception

Sept. 9, 6:30 p.m. to 7:30 p.m., at Queen Theatre in the U of S Education Building. Registration will be followed by a short rehearsal. Any artist who loves to sing, can read music, and enjoys classical repertoire is encouraged to participate

No audition is necessary. For information call 206-662-5557, 206-328-1633 or visit www.uconnmusic.com/senior-artist-worksheets.html

Grab & Grab

Sept. 12, 6 p.m. to 8 p.m., at Station 20 West, 110 25th St. West. Tupper and disposable. With a taste testing. The Station Restaurant is Portion Distortion. What is a serving size? To register call 206-668-4876, ext. 323 or email jewell@station.ca. Registration deadline is Sept. 9

"Punch" Magazine Launch Party

Sept. 10, 7 p.m., at Alarming Stories. This is the second issue of "Punch". The magazine features artwork and articles created by television-comic fans. Featuring artists showing off their portfolios. With refreshments and prizes.

THEATRE

50 Shades: The Musical Sept. 6, 8 p.m., at MCG Place. A parody of the "Fifty Shades" series. A sexy, theatrical musical romp & ladies book club decides to read "my 19th shades of grey". Through their interpretation of the novel the audience is led on an uproarious roller coaster ride of this unfilthy best-seller. Not recommended for audiences under 18.

SPORTS

Thoroughbred racing Sept. 6-7, 7 p.m., at Marquis Downs. With jockeys from Trillium and A&A.

Marathonville AA in Street

Sept. 7, 6 a.m. to 10 p.m., at Auto Channel Motor Speedway. Divisions competing include Street Stock, Invitational, Modified Stocks and Mini Stocks.



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SHARP EATS

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or visit Bridges on Facebook.

SASKATCHEWAN 7000 TREND

Urban agriculture projects engage community

By Jenn Sharp

Urban agriculture projects are an ingenious solution to several problems and benefit the community in many ways. These community gardens can make excellent use of unused or underused lots or rarely used parks, while providing food for hungry people. People who use the garden are also empowered as they gain control of their own food production.

In Regina, the Carmichael Outreach runs their community garden on a formerly vacant lot on the 1800 block of Halifax Street. The Garden, known as Food Bank's Garden Patch, is located on a 1.5 acre site on Third Avenue North. Both gardens are volunteer-driven.

In Regina, the vegetables are used to supplement the Carmichael's food recovery program. Nicholas Olson, the program's coordinator, plans and cooks the daily meals, all of which start with a splash of fresh produce/occasionally every morning in the center's tiny kitchen. The lunch is served from 11 a.m. to noon, then again from 1 p.m. to whenever the food runs out. Olson estimates they're serving up to 200 people per day. Whatever garden produce doesn't get used in the meals is put out for clients to take home.

Working with fresh produce can be difficult — especially when cooking for large numbers. Olson is always in need of volunteers to help prepare the day's meal.

"It's a huge bonus to ensure the food that we serve is at least as promising a healthy induced need," he says.

If you're interested in helping out, drop by the Carmichael Outreach at 1800 Oiler Street to fill out a form.

Volunteers and staff from the Sea Airborn Food Bank grow most of the food at the Garden Patch, but local businesses and organizations can also adopt plots, and are responsible for planting, tending and harvesting the vegetables. All the vegetables are taken to the Food Bank and distributed to food hampers for clients.



The Carmichael Outreach Garden is located on a vacant lot on the 1800 block of Halifax Street in Regina. Michael Peters is the owner.

SHARP EATS



The Food Bank also organizes volunteer days where clients are encouraged to lend a hand in the garden.

"A big part of it is trying to get people engaged that are using the Food Bank as well," explains Jeff MacDonald, the organization's urban agriculture coordinator.

The garden provides the perfect opportunity to get people, that may be in food insecurity, excited about growing their own food.

"Hopefully we're creating a really safe environment that makes people say 'hey this is easy!'"

This fall, MacDonald is developing an educational component for Food Bank clients to teach them about preserving the harvest, using spices and various herbs in cooking, and even water gardening. The knowledge that

food can be grown anywhere and learning the skills to do it — is a gift on your plate for success — is a valuable contribution.

It's really empowering to take control of your food in that way," she says.

If you're interested in volunteering, Winter Wednesday happens until the end of September from 4 to 8 p.m. To volunteer during the fall harvest, visit <http://www.oaklandfoodbank.org> or call 510.664.6265.

Be sure to visit www.oaklandfoodbank.org get involved in all the garden patch stuff to see the Garden Patch wish list items and to learn about becoming your own tract to adopt a 2014 garden plot.

Are you involved with a community project? Let us know at theeatprod@theeatprod.com. Twitter: @theeatprod



The Garden Patch Urban Farm in Oakland. PHOTO PROVIDED BY JESSICA BROWN

ASK ELLIE

Fourteen-year-olds should be patient in love

Q I've been single for four years, have a grown child, and great relationships with my ex. I'm leaving my life and my independence.

I've met a man with whom I think I may feeling love/potential. He's very caring, supportive and fun. However, he's been single for only six months.

He's getting out of a six-year relationship. They have children. He's told me he has no desire to reconcile.

He seems to slide in her having an affair.

Is this too much baggage for him to be moving toward something else? I'm happy to put my feelings in check and enjoy the friendship that only so far.

Help

A Get a grip and help yourself! Think what you if any of your years didn't suggest taking someone seriously when "just getting out" after ten years and with a child.

It's too soon, and he's too back with his "no reconcile," and too fast to be coming on to you as a simple, available man. The reality is saying no keeps

Ask Ellie



you. Hold on check your feelings AND your plans, expectations, promises sharing of your house, and any other suggestions including exclusivity for at least six months.

Q The 14 and my brother is 18. We're known to mother boy since I was age six, our families have known each other for a few decades.

This boy and I were always building each other and being made in one another when we didn't agree. He would call me fat and ugly and make me cry (typical boy) for obvious reasons, we were like brother and sister.

When I was age eight and he was

seven, we were playing game that involved card game and being on a team of two, against my brother and his friend.

He violently asked me, "Do you want to see my penis?" I declined the offer. He kept pushing the question and I finally gave in.

He showed me, and I was disgust ed.

Later when I was 11, I developed a crush on him.

I messaged him using a social media website asking him if he liked me. He messaged me back saying, "Not really. But kind of." He told me that he had a girlfriend.

I was embarrassed.

I haven't spoken to him since still. Recently, he randomly messaged me and asked if I was nervous for high school, how my parents were, and he gave me his phone number.

Now my feelings for him have returned? (Do you think he may like me back?) I honestly I know but I need some feedback.

Young and Unsettled

A It's not silly to be young and have someone play with your feelings, which is what he's doing.

Maybe he's bored, so just broke up with his girlfriend. He knows you once reached out to him, and that you could have feelings for him.

No. Stay cool. You can respond as an old friend, but don't be too eager or too open.

At 14, you're facing years of teaching to choose wisely, and not be talked into making poor decisions or anything else that your gut instinct says you're not ready for, or don't want at all.

Don't get into constant messages with him. It can distract from getting to know your other friends better and enjoy school, activities, etc.

Instead, it can start you developing confidence in your ability to judge when to get closer with a boy and when to hold back until you are sure he's serious.

Q I'm 35, female, well educated, very attractive and professional. I'm also really single, never been in any relationship, but have dated. I was busy with school, work and chasing a career.

I have a hard time trusting men because my own father had wandering tendencies. It's difficult for me to open up and be vulnerable to rejection.

Also, I barely have time to date anyone, working 30+ hour weeks including weekends.

No Partner

A You're not weird, just overly wary. Your father's wandering doesn't have to be your experience.

But you've walked off with weeks into having a real relationship. You're smart, professional and to make men on their own merits and open yourself to normal dating by being fun and making some time.

If a guy's not interested in having a relationship, that's not rejection. It's just part of the selection process you're both entitled to exercise.



Next week in BRIDGES

The materials Qiaoqin Yang produces at the University of Saskatchewan are only visible under extremely powerful microscopes, but they could be the building blocks with which our future world is built.

WINE WORLD

RIPAROSYS

Illuminati for everybody

By James Romanow

A few years ago I was at the annual Hama natl get together and it was kind of flat. The fun had gone out of it. I tried some suggestions, throwing a revolution or two: it's interesting but something was missing. Even the practical jokes, like throwing kicho in thick ketchup, were getting stale. It was then I suggested we do something different. So we opened a win-
now

Concomitantly, right after we made that decision, a Vietnam bomber passed. As it happens, he owned a rather nice plot in Montepulciano d'Albazero. If you're merely among the cognoscenti or even just a 602 degree Mason, you'll be aware that Albazero, Italy is over on the Adriatic; nowhere near the town of Montepulciano but it still is in Tuscany but it still makes good sense.

Given the Illuminati history I can see where you'd think this would be a wine for the elite but we priced it so anybody can drink it. It has a nice red berry bouquet, a mild palate with a lovely herbal licorice finish. This is a wine for everybody, even those people who think they are on it. (We haven't finished yet.)

Sure a winery makes less money than bringing the entire Electoral College for a president, but win, but you know, for the first time we're not afraid to have our name out there in public. I can actually tell the little woman where I was



What's more, I'm quite proud of our wine. We get two out of a possible three bitches (wine glasses) from Gambo Rosso: the *Universe* wine review. And that's without a single bad comment.

StarPhoenix and @drboose on Twitter

Crossword/Sudoku answers

[illegible]

1	2	9	6	7	3	5	8	4
7	4	3	5	9	8	1	2	6
8	6	5	4	1	2	7	9	3
9	3	4	2	5	7	6	1	8
2	7	1	9	8	6	4	3	5
5	8	6	3	4	1	2	7	9
3	5	2	7	6	9	8	4	1
4	9	8	1	2	5	3	6	7
6	1	7	8	3	4	9	5	2



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Nuts About Nature

At Beaver Creek Conservation Area

 Hi! I'm Chip, my name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends, and enjoy some time away from the city.

 Dear Chip,
What fish do you have at Beaver Creek?
Can we go fishing there? Sam

There are a number of fish that live in Beaver Creek. Some are large, such as the northern pike and white sturgeon, and some are really small, like the fathead minnow, brook stickleback, emerald shiner and spottail shiner. My father once told me about a sunset that was staying fish in Beaver Creek back in 1981. Way back then, he noted that there were even more species, such as walleye, johnny darters, quillback sculpin, steel dace, brook stickleback, long darter, longnose sucker, lake trout, longnose dace, yellow perch, sauger, lake whitefish, crisco and burbot. Either the diversity in species in the creek has been reduced, or the number of species who study fresh water ecosystems has greatly declined. We ask people to respect the conservation area as it supports the spawning grounds for many of these species. For these reasons there is no fishing allowed on the site. As a water enthusiast, I am so thankful for this, there's nothing like stepping on a stray fish hook, ouch!

Send your questions to me at the address below, then visit Bridges for the answers

Your pal, Chip
Bridges for the Answers
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Edmonton, T6C 2B6, Alberta
11541 to 11549 Street/Highway SW and 46th
Edmonton, Alberta
E-mail: chip@bridgesfortheanswers.com



Meewasin 

"Chip"
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